





Lunch: 12 noon (daily)
Information Line: 790-6610 (Menu & Activities)

January 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FREE TAX PREPARATION AARP Volunteers provide free tax service for seniors at the Fremont Senior Center Tuesdays and Thursdays from February 5 th through April 11 th . Sign up for an appointment today in the Office!	CLOSED For New Year Holiday 	2 8 – 9:30 BREAKFAST 8:15 Tai Chi 8:30 Senior Fitness 8:30 Cholesterol Tests 9:00 Softball Practice 10:00 Current Events 10:00 Bingo! 12:15 Mah Jong 1 – 4 Footcare (appt) 1:30 Drawing & Acrylic Painting 7:00 Woodcarvers No FCC Classes	3 8 – 9:30 BREAKFAST 9 - 1 Blood Pressure 9 - 3 Chinese Club - Mah Jongg ** 10:00 Yoga/Stretch 10:00 ESL** 1:00 HICAP Health Insur. Counseling (appt.) 1:00 Chess & Ping Pong 1:30 Pinochle & Games 2:00 Sr. Center Singers 2:00 Dance, \$4 "USS Hornet" Band" 3:30 Drop In Computer Lab No FCC Classes	4 8 – 9:30 BREAKFAST 8:15 Senior Fitness 8:30 Walk This Way Alumni 9:30-3 Washington on Wheels 9:30 Chinese Calligraphy 10:00 Bridge & CARDS 12:45 Needlecrafts 1:00 Garden Club 3:00 Tai Chi No FCC Classes
7 8 – 9:30 BREAKFAST 8:15 Tai Chi 8:30 Quilters Workshop 8:30 Haircuts (appt/fee) 9:30 Arthritis Foundation Tai Chi ++ 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Quilter's Lab 12:30 ID Photos (appt) 1:00 Painting** 1:45 Spanish Immersion 3:30 Zumba Gold ++ 3:00 Intro to Interneting-FACEBOOK	8 8 – 9:30 BREAKFAST 8:00 Meditation 8:30 Zumba Gold ++ 8:45 Yoga/Stretch 9:00 Yuanji Dance # 9 - 1 Blood Pressure 10:00 Creative Writing 10:00 FISA- Yoga 11:00 New Life Line Dance # 12:45 Los Amigos 12:45 Needlecrafts 12:45 Fremontaires 1:00 Karaoke Dance # 1:00 Bridge 3:00 Tai Chi Beg 4:00 Tai Chi Adv 3:45 Intro to computers	9 8 – 9:30 BREAKFAST 8:15 Tai Chi 8:30 Senior Fitness 9:00 Softball Practice 9:30 Arthritis Foundation Tai Chi ++ 10:00 Current Events 10:00 Taiwanese/Japanese Karaoke # 10:00 Bingo! 12:15 Mah Jong 1:30 Drawing & Acrylic Painting 7:00 Woodcarvers	10 8 – 9:30 BREAKFAST 8:15 Fit For Life ++ 9 - 1 Blood Pressure 9 - 3 Chinese Club - Mah Jongg** 10:00 Yoga/Stretch 10:00 ESL** 1:00 Chess & Ping Pong 1:30 Pinochle & Games 2:00 Sr. Center Singers 2:00 Dance, \$4 "Canyon Band" 3:30 Drop In Computer Lab	11 8 – 9:30 BREAKFAST 8:15 Senior Fitness 8:30 Walk This Way Alumni 9:00 Yuanji Dance 9:30 Chinese Calligraphy 10:00 Bridge 11:00 New Life Line Dance # 12:45 Needlecrafts 12:00 Birthday Lunch 1:00 Birthday Celebration with Entertainment by DIXIE DOMINUS! 1:00 Karaoke Dance # 3:00 Tai Chi
14 8 – 9:30 BREAKFAST 8:15 Tai Chi 8:30 Quilters Workshop 9:30 Arthritis Foundation Tai Chi ++ 10:00 Harmonica (Carlton Plaza) 10:00 Estate Planning (Appt) 11:00 Muslim Support Network 12:30 Beg Spanish 12:30 Quilter's Lab 1:00 HICAP Health Insur Counseling (appt) 1:00 Painting w/ Dimitry 1:45 Spanish Immersion 3:30 Zumba Gold ++ 3:00 Intro to Interneting-SKYPE	15 8 – 9:30 BREAKFAST 8:00 Meditation 8:30 Zumba Gold ++ 8:45 Yoga/Stretch 9:00 Yuanji Dance # 9 - 1 Blood Pressure 10:00 Creative Writing 10:00 INSAF (Indo-Amer Sr.) 11:00 New Life Line Dance # 12:45 Needlecrafts 12:45 Fremontaires 1:00 Legal Assistance (Appt) 1:00 Karaoke Dance # 1:00 Bridge 3:00 East Indian Seniors 3:00 Tai Chi Beg 4:00 Tai Chi Adv 3:45 Intro to computers	16 8 – 9:30 BREAKFAST 8:15 Tai Chi 8:30 Senior Fitness 9:00 Softball Practice 9:30 Arthritis Foundation Tai Chi ++ 10:00 Current Events 10:00 Taiwanese/Japanese Karaoke # 10:00 Bingo! 11:00 Afghan Women 12:15 Mah Jong 1:30 Drawing & Acrylic Painting 7:00 Woodcarvers	17 8 – 9:30 BREAKFAST 8:15 Fit For Life ++ 9 - 3 Chinese Club Mah Jongg** 9 - 1 Blood Pressure 10:00 Yoga/Stretch 10:00 ESL** 1:00 HICAP Health Insur. Counseling (appt.) 1:00 Chess & Ping Pong 1:30 Pinochle & Games 2:00 Sr. Center Singers 2:00 Dance, \$4 with "Dick Green Band" 3:30 Drop In Computer Lab	18 8 – 9:30 BREAKFAST 8:15 Senior Fitness 8:30 Walk This Way Alumni 9:00 Yuanji Dance 9:30 Senior Commission 9:30 Chinese Calligraphy 9:30 ID Photos (appt) 10:00 Bridge 11:00 New Life Line Dance # 12:45 Needlecrafts 1:00 Karaoke Dance # 1:00 Piano and Guitar 3:00 Tai Chi
CLOSED For Martin Luther King Jr Holiday 	22 8 – 9:30 BREAKFAST 8:00 Meditation 8:30 Zumba Gold ++ 8:45 Yoga/Stretch 9:00 Yuanji Dance # 9 - 1 Blood Pressure 10:00 Creative Writing 10:00 ICC - Yoga 11:00 New Life Line Dance # 12:45 Needlecrafts 12:45 Fremontaires 1:00 Bridge 1:00 Karaoke Dance # 3:00 Tai Chi, Beg 4:00 Tai Chi, Adv 3:45 Intro to computers	23 8 – 9:30 BREAKFAST 8:15 Tai Chi 8:30 Senior Fitness 9:00 Softball Practice 10:00 Current Events 10:00 Taiwanese/Japanese Karaoke # 10:00 Bingo! 12:15 Mah Jong 1:30 Drawing & Acrylic Painting 7:00 Woodcarvers	24 8 – 9:30 BREAKFAST 8:15 Fit For Life ++ 9:30 Chinese Club Mah Jongg ** 9 - 1 Blood Pressure 10:00 Yoga/Stretch 10:00 ESL** 1:00 Chess & Ping Pong 1:30 Pinochle & Games 2:00 Sr. Center Singers 2:00 Dance \$4 "The Casuals" 3:30 What's My Gadget Workshop	25 8 – 9:30 BREAKFAST 8:15 Senior Fitness 8:30 Walk This Way Alumni 9:00 Yuanji Dance 9:30 Chinese Calligraphy 10:00 Bridge 11:00 New Life Line Dance # 12:45 Needlecrafts 1:00 NARFE 1:00 Karaoke Dance # 1:00 Piano and Guitar 3:00 Tai Chi
28 8 – 9:30 BREAKFAST 8:15 Tai Chi 8:30 Quilters 9:30 Arthritis Foundation Tai Chi ++ 9:30 Builders Fund Mtg 10:00 Harmonica (Carlton Plaza) 11:00 Muslim Support Network 12:30 Beg Spanish 12:30 Quilter's Lab 1:00 Painting w/ Dimitry fee** 1:00 HICAP Health Insur. 1:45 Spanish Immersion 3:30 Zumba Gold ++ 3:00 Intro to Interneting-SKYPE	29 8 – 9:30 BREAKFAST 8:00 Meditation 8:30 Zumba Gold ++ 8:45 Yoga/Stretch 9:00 Yuanji Dance # 9 - 1 Blood Pressure 10:00 Creative Writing 10:00 INSAF (Indo-Amer Sr.) 11:00 New Life Line Dance # 12:45 Needlecrafts 12:45 Fremontaires 1:00 Karaoke Dance # 1:00 Bridge 3:00 East Indian Seniors 3:00 Tai Chi, Beg 4:00 Tai Chi, Adv 3:45 Intro to Computers	30 8 – 9:30 BREAKFAST 8:15 Tai Chi 8:30 Senior Fitness 9:00 Softball Practice 9:30 Arthritis Foundation Tai Chi ++ 10:00 Current Events 10:00 Taiwanese/Japanese Karaoke # 10:00 Bingo! 11:00 Afghan Women 12:15 Mah Jong 1:30 Drawing & Acrylic Painting 7:00 Woodcarvers	31 8 – 9:30 BREAKFAST 8:15 Fit For Life ++ 9 - 3 Chinese Club Mah Jongg ** 9 - 1 Blood Pressure 10:00 Yoga/Stretch 10:00 ESL** 1:00 Chess & Ping Pong 1:30 Pinochle & Games 2:00 Sr. Center Singers 2:00 Dance, \$4 with "new band" 3:30 Drop In Computer Lab	# Class meets in FCC ** Indicates fee for class ++Indicates class size is limited and pre-registration is required with the Senior Center prior to taking class.